



DUO
Wintec

1. TENS
2. CERVICAL
3. BACKACHE
4. ARTHRITIS SHOULDER
5. ARTHROSIS KNEE
6. WARM UP
7. MAXIMUM FORCE
8. RESISTANCE FORCE
9. EXPLOSIVE FORCE
10. DRAINAGE
11. LIPOLYSIS
12. FIRMING
13. TONING
14. SCULPTING
15. MUSCULAR MASS
16. SCULPT CHEST

QUICK & EASY

- Place the electrodes on the skin following the images present in the explanatory sheet.
- Connect the cable to the stimulator.
- Turn ON the stimulator by pressing switch "ON/OFF" for 2 seconds.
- Select the wished program by pressing the switch "P".
- Increase the intensity until the wished level by pressing the arrow ▲ key always maintain a comfortable sensation.
- Decrease the intensity, by pressing the arrow key ▼
- Keyboard lock key. Press this switch for lock and unlock the keyboard.
- Pause. Press "ON/OFF" switch for stopping the program during the execution. Each program has a predetermined duration. The intensity automatically resets when the program in progress stops.
- You can turn off the stimulator whenever you desire by holding down the switch "ON/OFF" for two seconds.

READ THE MANUAL BEFORE THE USE

USERS MANUAL REV. ING. 3.0

1. TENS: TENS Antalgic current that has an immediate effect with variable duration according to the number of sessions. Comfortable intensity, pins and needles sensation without muscle contraction. The treatment can be performed every day.

2. CERVICAL: TENS Burst endorphinic current. With this program you can obtain a long pain relief thanks to an efficacious relaxation of the cervical zone. The treatment can be performed every day.

3. BACKACHE: TENS Burst endorphinic current. With this program you can obtain a long pain relief thanks to an efficacious relaxation of the muscle back. The treatment can be performed every day.

4. ARTHRITIS SHOULDER: TENS antalgic current. It has an anti - inflammatory effect with variable duration according to the number of sessions. The treatment can be performed every day.

5. ARTHROSIS KNEE: TENS endorphinic current. With this program you can obtain a long pain relief

6. WARM UP: It is indicated before starting an intense physical effort or before a force working session with the stimulator. Intensity Moderate always pleasant

7. MAXIMUM FORCE: It improves the capacity to produce maximum force. It is particularly useful in the first part of the athletic preparation as it allows to train the muscles to receive intense force stimulus. Intensity maximum tolerated without feeling pain.

8. RESISTANCE FORCE: This program enables to improve the capacity to sustain effort over a period of time. Intensity maximum tolerated without feeling pain.

9. EXPLOSIVE FORCE: This treatment is indicated for all sports needing an instant maximum force output. Intensity maximum

tolerated without feeling pain.

10. DRAINAGE: This program helps circulation and facilitates the liquid elimination. Gradually increase the intensity without achieving intensity that cause pain.

11. LIPOLYSIS: Addressed to sedentary people who want to eliminate the excess fat. The intensity should be always pleasant.

12. FIRMING: it is indicated for sedentary people who have an hypotonic muscular mass and want to improve their physical form. It is able to prepare the muscle to more intense simulations. It can be performed every day with a moderate - elevated intensity (visible and tangible muscle contraction).

13. TONING: It allows to develop and maintain the muscular tone. It can be used as a valid supplement to the regular training.

14. SCULPTING: It sculpts the muscles creating a more sportive figure. This treatment is the last level of an aesthetic program, the muscle has therefore to be prepared performing the firming and toning treatment before.

15. MUSCLE MASS: It promotes the hypertrophy of the muscle fibres. It wears out the reserve of energy, leading the muscle to a hyper-compensative effect. Intensity moderate to strong.

16. TONING CHEST: The chest zone is delicate and easily subject to relaxation. This program has been specially studied for women and can be performed every day. Intensity moderate with a comfortable vibration and contractions.